

# Using a smartphone before bed can make your child obese

If your child is constantly in the habit of playing games on smartphones before going to bed, he may face the risk of obesity, warning from a new study.

If your child is constantly in the habit of playing games on smartphones before going to bed, he may face the risk of obesity, warning from a new study.

The findings suggest that children using digital devices such as watching TV or playing games on smartphones before going to bed for an average of less than 30 minutes are at risk of being obese compared to those who do not use them. .

Because before, sleep deprivation not only caused fatigue but also disrupted their eating habits. This leads to higher body mass index (BMI).



Caitlyn Fuller, a researcher at Pennsylvania State University in the US, said: "We have seen the use of pre-sleep technology involves less sleep and a higher BMI.

"We also found that the use of this sleep-related technology was associated with more fatigue in the morning, and it was another risk factor for higher BMI only," Fuller said. more.

The study, published in *Global Health Pediatric Health*, examined sleeping habits and the use of technology for 234 children, aged 8 to 17 years.

According to the recommendations of the American Academy of Pediatrics (AAP), parents should have a clear and thorough viewpoint in allowing children to use technology, such as asking children to remove the device

during meals and leave the phone outside the bedroom at night.

See more:

1. Obese patients are less likely to die after heart surgery than normal people
2. Anti-obesity and diabetes medications can help reduce brain pressure
3. Warning: 'Caesarean section increases the risk of childhood obesity'

You finished reading the article "**Using a smartphone before bed can make your child obese**" edited by the [TipsMake](#) team. We hope this article has provided you with many useful tech tips and tricks. You can search for similar articles on tips and guides. Thank you for reading and for following us regularly.